



## Internet Safety Guidelines and Tips

### 10 Sample Rules for Cyber Safety

- All cell phones off and turned in at 9pm, 10pm on weekends
- All computers kept in public areas
- Follow all Parental Controls. If you see something inappropriate online, hit 'Back', log off, or tell a parent
- You are allowed \_\_\_\_ hours of online time
- Follow age requirements for social media sites
- Do not give out personal information, buy, sell, or order anything online without parent permission
- Do not meet or accept a gift from anyone you met online
- Devices cannot interfere with sleep, schoolwork or other important activities
- Only share media where everyone is appropriately dressed, and avoid sharing anything that could embarrass or get anyone in trouble
- If you are in an unsafe situation, text an adult to come get you

### Tips for Parents and Caregivers to Create Cyber Safety

- Be age-appropriate: understand what will and won't work
- Monitor usage, pay attention to how your child uses media
- Check privacy settings on all social media platforms
- Watch media and play games together, use media to start conversations about sex and cyber safety
- Consider using filtering software, or partitioning your computer into separate accounts

- Teens text: text your teen!
- Stay up-to-speed on media your child uses and trends in privacy and hacking
- Teach about dangers online, strong passwords, cyberbullying, sexual harassment, being a good digital citizen, and about real legal consequences for teen online activity